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Tuesday, September 11, 2012



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TASTE OF VICTORY

Paralympic guide Joshua Karanaj shows off the silver and bronze medals he and Jason Dunkerley won in men's visually impaired 5,000- and 1,500-metre races in London. Dunkerley is visiting family in Ireland.

For more on the story, see metronews.ca. JESSICA BEDDAOUI/FOR METRO

Ottawa against casinos, says poll

Flip side. Mayor Jim Watson believes more central casino location will draw more profit



GRAHAM
LANKTREE

graham.lanktree@metronews.ca

More than half of Ottawans polled oppose Ontario's plan to build new casinos, including one proposed for downtown, according to a new survey.

Surveying 1,086 locals, the Sept. 6 report by Forum Research shows 59 per cent of Ottawans disapprove of the province's plans to build more casinos in Ontario, 54 per cent of residents believe the best place for slots is at the

horse track and 61 per cent support expanding gaming at racetracks to include roulette, blackjack and poker.

"Residents recognize that casinos bring a different kind of environment into the immediate location where they are," said Gordon McDonald, president of the National Capital Region Harness Horse Association, which commissioned the report.

He said a casino in or near the downtown core is risky since it would compete directly with the Casino du Lac-Leamy in Gatineau.

The city makes \$3.5 to \$4 million annually from the track. That would increase on an expansion, McDonald said, adding that the raceway takes in \$5 million more in profits than the Casino du Lac-Leamy.

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McGuinty remains near bottom in popularity poll

Bleak picture. Liberal leader hovering in low 30 per cent range: Angus Reid

Only two premiers rank lower than Ontario Premier Dalton McGuinty in terms of approval rating, according to numbers released by Angus Reid on Monday.

And approval of McGuinty's performance is tied with one premier, Quebec's Jean Charest, who just lost his seat and resigned.

Thirty-two per cent of respondents said they approve of McGuinty's performance, while 60 per cent of respondents said they disapprove.

Only British Columbia's Christy Clark (28 per cent) and Nova Scotia's Darrell Dexter (26 per cent), both facing difficult elections in 2013, had lower approval ratings.

Prof. Richard Nimijean of Carleton's School of Canadian Studies said he believes the low approval rating is reflective of "broader political dynamics" in the province.

"McGuinty is down to presumably his base now," Nimijean told Metro Ottawa on Monday.

"What is interesting is who has gone up, and it's Andrea Horwath, who has shot up massively."

Progressive Conservative Leader Tim Hudak boasted the exact same approval rating as McGuinty, while almost half of respondents approved of the opposition NDP's Leader Andrea Horwath (49 per cent).

The NDP are also fresh off a surprising byelection victory in Kitchener-Waterloo last week — historically a conservative riding.

Nimijean said that the tough words McGuinty had for public-sector unions, coupled with legislation aimed at limiting teachers' ability to strike, in the leadup to that byelection have left him little room to manoeuvre on the left.

The poll surveyed 1,030 voting-age Ontarians between Aug. 21 and Aug. 27, with a 3.1 per cent margin of error.

SEAN MCKIBBON/METRO



Premier Dalton McGuinty greets supporters in Vaughan, Ont., in front of newly elected Ontario Liberal MPP Steven Del Duca after Liberals won the provincial byelection in the city on Thursday. MICHELLE SIU/THE CANADIAN PRESS

Cop killer accused of raping 10-year-old girl

The man convicted of killing an Ottawa police constable returned to court Monday and pleaded not guilty to sexually assaulting a 10-year-old girl in 2009.

Kevin Gregson, 46, was convicted in March of first-degree murder in the fatal stabbing of Const. Eric Czapnik and given a life sentence.

On Monday, he sat in a glass box with two police officers close by as court watched

a videotaped interview with a girl he allegedly raped in December 2009. Gregson seemed to stare at the ground throughout. The day the video was recorded, Dec. 29, 2009, was the same day Czapnik was killed while filling out paperwork in his police cruiser at the Ottawa Hospital's Civic Campus.

Gregson faces eight charges, four of sexual assault causing bodily harm and four

counts of sexual interference.

A publication ban protects the victim's identity.

In the interview with police, the girl described four incidents — two on Christmas Eve and two on Dec. 27 — in which Gregson allegedly raped her.

"He told me not to tell anybody this happened or (else) I'll never see my mom again," the girl said in the video.

JOE LOFARO/METRO



Kevin Gregson is seen with a bandage covering self-inflicted knife wounds to his neck. POLICE HANDOUT

Mobile news



Brave (or perhaps silly) tourists fearlessly tease tigers up close at a Thailand sanctuary. Scan the code to watch the video.



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Local Inuit youth draw attention to suicide problem

Suicide Prevention Day.

Demonstrators want those considering self-harm to 'Ask for Help'

JESSICA BEDDAOUI
ottawa@metronews.ca

Members of Ottawa's Inuit community held a demonstration Monday on Parliament Hill to raise awareness about high rates of suicide among Inuit youth.

The rally followed a proclamation at Ottawa City Hall by Board of Health chair Diane Holmes on behalf of Mayor Jim Watson that Sept. 10 is Suicide Prevention Day in the city.

"Suicide is something our community struggles with. It can be your neighbour, your cousin, (someone) in your family. We're just trying to raise awareness about the high suicide rates in northern Canada," said Iqaluk Komaksiutiiksak as she and her friends held posters bearing supportive messages. The theme of the demonstration was "Ask for Help."

"I know how it feels because I had my step-daughter commit suicide a little over a year ago," said Jennifer Watkins, president of the National Inuit Youth Council. "We can ask for help. There is help out there. You might not see it when you are dazed in depression but we are here to help one another."

Watkins also stressed the importance of increas-



From left, Qatsuu Carleton, Iqaluk Komaksiutiiksak and Qajaaq Qaunaq hold up signs at a demonstration to spread awareness about high rates of suicide among Inuit youth. JESSICA BEDDAOUI/FOR METRO

Suicide in Ottawa

- Each year, on average, 50 people take their lives in Ottawa.
- Local data from the Ontario Student Drug Use and Health Survey shows that mental-health issues and suicide continue to be a problem among youth.
- Survey results for the 2010-11 school year show that one in three Ottawa students in grades 7 to 12 reported elevated levels of psychological distress.
- More than one in 10 Ottawa students in grades 7 to 12 considered suicide in the past year.

ing the number of mental-health facilities in the north and ultimately making it easier for locals to get help.

"Unfortunately, in the north, it's even harder be-

cause we know everyone. Everyone is connected one way or the other, and this is why suicide prevention is a top priority," Watkins added.

Ottawa-Vanier

Elections Canada may shut down riding association

The Ottawa-Vanier Conservative Riding Association has 19 days to file its financial information or face deregistration.

Elections Canada put the riding on notice Sept. 1 for failing to comply with financial-disclosure obligations. The group will be deregistered unless information is turned over and the Chief Electoral Officer is satisfied the "omission was not the result of negligence or a lack of good faith."

ALEX BOUTILIER/METRO

Sinkhole. OC Transpo increases service as repairs continue

In an effort to reduce traffic congestion caused by the Highway 174 sinkhole, OC Transpo is adding two of its double-decker buses to the express service to Orléans.

The buses will run during peak service hours. Two more regular buses will be added to Route 95 (from Hurdman to the Trim Park and Ride). Parking space at the Trim Park and Ride will also be expanded by 260 spaces. ALEX BOUTILIER/METRO



Ottawa's new double decker buses were unveiled on Friday. GRAHAM LANKTREE/METRO

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Changing from track to track

Hope in Dirt City.
Cadence Weapon
plums hip hop's past
and future at new fest



GRAHAM LANKTREE
graham.lanktree@metronews.ca

Switching between rap, rock and screaming punk lyrics with the flick of his tongue, rapper Cadence Weapon will keep pushing the hip-hop envelope at the Arboretum festival Saturday.

"My flow is my weapon," said Rollie Pemberton (a.k.a. Cadence Weapon). "I don't like to rap the same way twice."

That holds true since listeners will be hard-pressed to find similarities in his style from one track to the

next on his new album, *Hope in Dirt City*, which dropped at the end of May.

"The big difference is singing," he said.

"That's something that I didn't have on my other albums. I'm singing and screaming in a punk style and rapping over beats of a live band playing dub reggae and Talking Heads-type tracks with a funky punk vibe."

The beauty of hip hop, Pemberton said, is that it has the potential to combine all these styles without making anything seem out of place.

"Hip hop expresses the full extent of what pop music can be," he said. "You can sample any kind of music and meld it into your own form. But it's OK, because it's hip hop."

One cut off the album titled *Conditioning* sums up Pemberton's vision at the moment best. "The way that song came about was that it wasn't a rap song at all," he said. "I wanted it to be like a Bo Diddley or Chuck Berry hard-headed rock song. It's more a combination of that, old-school rap and new wave."



Cadence Weapon is set to perform tracks from his newest album, *Hope in Dirt City*, at the Arboretum Festival in Ottawa this weekend. CONTRIBUTED

When and where

Cadence Weapon takes the stage at the Arboretum Festival at 10 p.m. Saturday, Sept. 15 at Arts Court, 75 Nicholas St.

Private health clinic to cut ER wait times: Owners



The new Urgent Care Centre at Rideau Valley Health Services in Barrhaven promises emergency-room services in under an hour. JENNY READ/FOR METRO

A new private clinic that operates like a hospital emergency room promises to serve Barrhaven residents and cut hospital wait times, its owners said Monday.

"There were a lot of people coming to the emergency room at the Kemptville District Hospital from the Barrhaven area," said Jenny Read, a spokesperson for the Rideau Valley Health Services Complex (RVHS) that houses the new ER division.

"That's when we realized that people are under-ser-

Quoted

"It's a new model that shows you can provide better quality and faster access."

Colin Goodfellow, CEO of RVHS, of his new clinic, which makes money by taking a share of physician billings.

viced in that region."

But those in need of an ambulance should keep dialing 911, she said.

"This service is for people

who can get to the hospital on their own. It's not for people who are having a heart attack or in a car accident."

Regular ERs get clogged by people with bladder infections, the flu and broken bones who don't need the actual services of an ER, Read said.

"We free up the ER for actual trauma cases."

Where regular wait times at ERs in the city can sometimes take five hours, the goal at the Urgent Care Centre is to get that down to an hour.

"It's a new model that shows you can provide better quality and faster access," said Colin Goodfellow, CEO of RVHS, of his new clinic, which makes money by taking a share of physician billings.

There's no extra cost to patients and the model may even save money for the public system, Goodfellow said.

"Every place where there are subdivisions cropping up," he said, "the province should think about doing this rather than building a new hospital."

GRAHAM LANKTREE/METRO

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Indian police escort political cartoonist Aseem Trivedi to a court in Mumbai on Monday. Trivedi, whose drawings mock Indian government corruption, has been jailed on a sedition charge. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Politicians not amused by cartoonist's drawing

Sedition. Defiant Trivedi charged under colonial era law once used against Gandhi

A political cartoonist whose drawings mock Indian government corruption has been jailed in a sedition investigation that was widely condemned Monday as evidence

of political leaders' growing intolerance of criticism.

A defiant Aseem Trivedi refused bail at a hearing Monday in Mumbai, saying he would remain in jail until the sedition charges against him were lifted. The court extended his stay in police custody from one week to two.

He was arrested Sunday after a political activist complained Trivedi's cartoons were "insulting" to the country.

Trivedi's cartoons lampooning widespread corruption among Indian politicians were displayed at a Mumbai protest in December.

The complaint to police cited one of those drawings that showed the four lions that form India's national symbol replaced by four wolves and the national slogan "truth shall prevail" replaced by "corruption shall prevail."

THE ASSOCIATED PRESS

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Feds planning to revoke citizenship of applicant cheats

Immigration fraud. Minister Jason Kenney looking to introduce amendments to the Citizenship Act as part of multi-year crackdown

The federal government plans to revoke the Canadian citizenship of 3,100 people it says cheated on the process.

It's also looking at thousands of others who may have obtained or maintain permanent residence fraudulently.

Immigration Minister Jason Kenney says cheats will be stripped of citizenship and residence status.

Letters have been sent to more than 600 of the 3,100 or so people to start the process of revoking their citizenship. However, he says no one has yet lost their citizenship.

Kenney says that's because



Jason Kenney THE CANADIAN PRESS

the process takes several years.

He says it's part of a multi-year crackdown on immigration fraud.

"Canadian citizenship is not for sale," he said.

"We will continue to take strong measures to combat

the industry of crooked immigration agents here and abroad who seek to devalue Canadian citizenship by creating fake proof of residency and committing other forms of fraud."

So far, he says, federal agencies have removed or denied admittance to more than 600 former permanent residents linked to the fraud investigations.

They have denied about 500 citizenship applications where the applicants did not meet residence requirements, and almost 1,800 applicants linked to cheating have simply abandoned their citizenship applications.

Kenney also says he is planning to introduce amendments to the Citizenship Act that would require immigration consultants to be members of a regulatory body, which he says may help crack down on crooked agents.

THE CANADIAN PRESS



Against an oppressive regime

Iranian Canadians rally outside the Department of Foreign Affairs in Ottawa on Monday to support the Canadian government's decision to expel all Iranian diplomats from Ottawa.

SEAN KILPATRICK/THE CANADIAN PRESS

Cutting ties

More to leave Iran: News agency

An Iranian semi-official news agency says Iran expects more countries to follow Canada's example and close their embassies in Tehran.

The Mehr news agency on Monday quoted Hasan Sobhaninia from Iran's influential parliament committee on national security and foreign policy as saying that there "is the possibility" of others making the same decision as Ottawa.

THE ASSOCIATED PRESS

Nuclear threat

UN demands Iran's co-operation

The head of the UN nuclear agency, Yukiya Amano, made an unusually strong demand Monday for Iran to co-operate with an investigation into suspected secret work on nuclear weapons, expressing his frustration with the lack of headway in the probe.

Asked why there was no progress on the probe, Amano told reporters: "You'd better ask Iran."

THE ASSOCIATED PRESS

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Dungeon. Abduction target reacts in court to imprisonment plot

The intended prisoner of a confinement room built in an abandoned Pickering farmhouse said she is now living in fear and haunted by images of the makeshift dungeon designed with her in mind.

"I am still in shock," a weeping Gwen Armstrong said in an Oshawa courtroom Monday.

Armstrong was among three women who read victim-impact statements in an Oshawa courtroom on Monday morning at the sentencing hearing for Robert Edwin White, the 44-year-old man who built a confinement room in the basement of a Pickering farmhouse.

Last Wednesday, White pleaded guilty to a charge of breaking and entering with the intent of committing an indictable offence. An attempted kidnapping charge was withdrawn.

According to an agreed statement of facts, White built the dungeon in order to confine Armstrong, who took in his ex-wife, Patricia Gallagher, after the couple's separation.

In her statement, Armstrong said she only learned last week that the meticulously-planned dungeon, with its steel

Confinement room

The dungeon was discovered in late November by contractors who noticed recent construction in a farmhouse.

- The police discovered a dungeon in the basement with heavy doors and multiple locks, designed to trap someone inside.
- Steel-link chains hung from the ceiling and the heavily reinforced room was bolted from the outside with tire-irons.

chains and multiple locks, was intended for her all along.

"Like everyone else, I had seen the photos splashed across the newspapers and Internet (but) I didn't fully learn of their significance to me until last Wednesday," she said.

"Since then, those same photos have been running through my mind constantly," she continued. "They fill me with such horror that I feel physically ill."

—TORSTAR NEWS SERVICE



Shooting victim honoured with civic funeral

Quebec premier-elect Pauline Marois, left, helps Ginette Jean, mother of Denis Blanchette, during funeral services on Monday in Montreal. Blanchette died last week when a gunman opened fire at the Parti Québécois election-victory party. He was given a rare civic funeral, which is usually reserved for public figures, as well as police officers slain in the line of duty. Richard Henry Bain faces 16 charges, including first-degree murder, in the shooting. —GRAHAM HUGHES/THE CANADIAN PRESS

Long-gun registry

PM's words cited in court rebuke

A court delivered a stinging rebuke to the federal government over its plan to scrap the long-gun registry even if a province wants to keep it, with Monday's verdict even singling out Prime Minister Stephen Harper.

The Quebec Superior Court accused the federal government of violating principles of Canadian federalism, and its 42-page verdict cited the prime minister's words as evidence.

—THE CANADIAN PRESS

Online company

Don't buy HIV home testing kits: Health Canada

Health Canada is warning consumers about a web-based company that is trying to sell home testing kits for HIV and a number of other sexually transmitted infections.

The department says there are no HIV test kits licensed for home use in this country.

—THE ASSOCIATED PRESS



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Officials fail to stop Pussy Riot benefit concert

Russian activists.

About 1,000 fans gather to support jailed trio, four detained for alleged jaywalking offences

A music festival to support jailed members of the Russian band Pussy Riot went forward despite official pressure to cancel it, organizers said Monday.

Olga Kurnosova said city officials had tried to force her to stop Sunday's show in St. Petersburg — President Vladimir Putin's hometown — and firefighters had threatened to close down the Glavklub hall, claiming safety violations ahead of the concert.

About 1,000 people attended the "Free Pussy Riot



Artist Margo Trushina photographs a fellow Pussy Riot supporter at a benefit concert for jailed members in Russia on Monday. MICHAEL SOHN/THE ASSOCIATED PRESS

Fest" headlined by the Russian rock protest bands DDT and Televizor, whose songs have long riled Soviet authorities and Putin's Kremlin.

Last month three members of Pussy Riot were sentenced to two years in jail for a "punk prayer" against Putin in Russia's largest cathedral

in a trial that provoked an international outcry.

Several younger rock bands and rappers voiced their support for Pussy Riot from the stage Sunday, and some spectators were wearing balaclavas — the feminist band's trademark headwear.

THE ASSOCIATED PRESS



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Economic outlook

Fed boost could lift economy

Canada's struggling economy will likely get an indirect nudge from stimulus measures being adopted in major world economies, economists say. The U.S. Federal Reserve looks like it's preparing to follow its European counterpart's lead by introducing so-called QE-3 on Thursday.

THE CANADIAN PRESS

Market Minute



DOLLAR

102.30¢ US (+0.07¢)



TSX

12,215.43 (-52.58)



OIL

\$96.54 US (+\$0.12¢)



GOLD

\$1,731.80 US (-\$8.70)

Natural gas: \$2.81 US (+13¢)
Dow Jones: 13,254.29 (-52.35)

Diners in Finland feast at 'pop-down' restaurant in mine

New spin on pop-up dining. Underground restaurant fully booked until experiment ends later this month

An award-winning chef is opening a new restaurant in Finland that turns the idea of "pop-up" eateries upside-down: It's located 80 metres underground.

Discerning food lovers are being served salted salmon, veal tenderloin, snails cooked in Pernod and apple crumble in the "pop-down" restaurant in a limestone mine in the small, southern town of Lohja.

A four-course evening meal costs 128 euros (\$160 US), including drinks and transportation down to the mine and back up.

In major cities around the world "pop-up" restaurants — temporary eateries often located in underused kitchens — are allowing young chefs with ex-



Customers have dinner at the Muru "pop-down" restaurant at Tytyri mine in Lohja, Finland, on Monday. ANTTI AIMO-KOIVISTO/THE ASSOCIATED PRESS

perience to experiment without risk of bankruptcy.

But Finnish chef Timo Linnamaki said the idea of preparing food down a mine was all part of being close to the earth.

"Pop-down" is such a unique idea that I just had to do it," Linnamaki said. "It's great work-

ing down here because you are totally cut off from the world, so nothing distracts from the cooking."

The 115-year-old mine goes down to a depth of 380 metres where limestone is still mined, mainly for the chemical industry. THE ASSOCIATED PRESS

On demand. BCE to take on Netflix

BCE will launch a "made-in-Canada" competitor to Netflix, available in English and French, CEO George Cope said Monday as part of his pitch to broadcast regulators considering the company's \$3.4-billion takeover of Astral Media.

The service would be available on demand and on any device, and showcase Canadian and international movies from Astral's pay-TV services, such as HBO Canada and The Movie Network, as well as news, sports and entertainment content from Bell Media.

Cope said more than 10 per cent of Canadians subscribe to Netflix, but the service doesn't pay taxes in Canada and doesn't contribute to Canadian content. THE CANADIAN PRESS

Quoted

"The Canadian system needs companies with the scale to compete against foreign content companies like Netflix, Apple, Google and Amazon."

BCE CEO George Cope

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SHE SAYS...
Jessica Napier
metronews.ca

I inherited a number of things from my mother: blue eyes, receding gums, easily tanned skin and an appetite for early-morning cocktails. But while many of my genetic legacies are unavoidable,

I've begun to notice that I'm instinctively — although perhaps not knowingly — adopting more and more of her mannerisms. As I get older, I'm starting to look and act like a 2.0 version of my mother.

Earlier this year, Hallmark Cards UK conducted a survey that found women believe they truly turn into their mothers at age 32. And sure, a study performed by a greeting-card company might not be the most scientific poll of all time, but it seems pretty

Similar shopping standards

We're no Lorelai and Rory Gilmore, but our tastes and habits are increasingly aligning. We drink the same wine, use the same shampoo, and, last month, we unknowingly went shopping on the same day and purchased identical suitcases for a family trip.

reasonable that the transition would happen around this age. For many women, our early thirties are a prime time for child bearing, rearing and realizing that maybe we should start using night cream.

I've still got a few years until I hit that magical number. At that time, or more likely when I have children of my own, I assume that the metamorphosis from my former self to mom will accelerate to a Kafkaesque top speed.

Unlike some people, I'm not one to make sweeping declarations about "NEVER turning into my mother." My mother has always been someone I have admired, so turning into

her would hardly be a bad thing. However, I didn't quite realize how involuntary the transition would be.

We're no Lorelai and Rory Gilmore, but our tastes and habits are increasingly aligning. We drink the same wine, use the same shampoo, and, last month, we unknowingly went shopping on the same day and purchased identical suitcases for a family trip.

I hear her voice inside my head every time I philosophize about the importance of dressing in layers or when I tell my boyfriend to actually look in the fridge before asking me if we have any milk left.

I see it not only in myself but in my friends as well. Kelly is turning into Kathy, and Jen is turning into Janet, and other Jen is turning into Jo Ann (yes, these are real alliteration-loving mother-daughter combos). Of course, none of us are carbon copies of our mothers; we're more like funhouse-mirror reflections.

My mother and I will always have our differences — she will always know more about stain removal than I care to learn, and I will always have to help fix her Facebook privacy settings — but slowly we are meeting in the middle.



Sharon Osbourne and her daughter, Kelly, arrive at an Elton AIDS Foundation Oscar party held at Pacific Design Center in West Hollywood, Calif., in this file photo. FREDERICK M. BROWN/GETTY IMAGES

Om, that's a really old teacher



MICHELLE SIU/THE CANADIAN PRESS

Instructing yoga at 96

Canadian woman holds Guinness World Record

Ida Herbert, the 96-year-old yoga instructor who has been named the world's oldest living yoga teacher by Guinness World Records, poses for a photo in Toronto. She has been practising the ancient discipline since the late 1940s — well before it was a trend in Western society.

THE CANADIAN PRESS

Practises every day

"I wouldn't be without it. If I do my sun salutations, and I do two or three of those in the morning, I feel so much better. I go into the kitchen and get my breakfast and I don't give a hoot."

Ida Herbert

Early-hour yogi

Yoga credited for her good health

Herbert attributes her good health and generally happy attitude largely to her years of practising yoga.

She rises at 5:30 a.m. to perform her poses and says her day isn't quite the same if she forgoes her routine.

Herbert got started practising yoga when she was at a health club in Toronto. One of the women who worked there taught her the poses — and she was hooked. THE CANADIAN PRESS

Teaching others the way

- Herbert helps other women find peacefulness. She retired last year from teaching at the YMCA in Orillia, Ont., after 25 years.
- Her students tend to be women ranging in age from their 50s up to their 80s.

near Orillia, with classes that range from five or six up to about 17 people per class.

Why she stuck with it

"It's made me physically very flexible, and, inside, it's made me look at circumstances in a peaceful way.... Things won't make me quite so angry as they used to."

Ida Herbert



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Do you fear being swallowed by a sinkhole?

91%
NO. THEY'RE TOO RARE TO WORRY ABOUT

0%
SOMEWHAT, BUT WHAT CAN YOU DO?

9%
YES. I DRIVE WITH A HELMET ON

Twitter

@jsani:
Saw a group of high school kids with popped collars. So that whole thing is still happening eh? I thought we learn from our mistakes

@meaghanhannah:
Trying to call the government is the most stressful thing on the planet #givememymoney

@AsiaElmi:
Day off and I'm up early running errands - #great seconds ago

@BeeCDN:
@Miss_EmmaJ It was so good. I'm about to drift into a cheese coma...

@SteveLowell:
After your goal is clearly defined, then it's time to decide what content will best convince your audience to adopt your ideas. Please RT

@dludiha:
We read to know that we are not alone. C. S. Lewis

What makes a family?

The New Normal. Silly sitcom tackles some touchy topics — here Metro chats with its creator about some of the controversy

AMBER RAY

Metro World News in New York

The New Normal is a goofy, sweet sitcom that questions what “family” means today. The show, which deals with surrogate mothers, gay parents and a big-mouthed grandma who rivals Archie Bunker, has been met with some opposition south of the border.

The conservative group One Million Moms announced a boycott of the show and a ban from a Utah TV station. Here, creator Ryan Murphy addresses some of what has ruffled a few feathers.

The plot

Single mom Goldie (Georgia King) moves to L.A. with her eight-year-old daughter (Bebe Wood) for a better life. There, Goldie becomes the surrogate for a gay couple, Bryan (Andrew Rannells) and David (Justin Bartha), who want to have a baby. Ellen Barkin stars as Goldie's outspoken, prejudiced grandmother, Jane, and NeNe Leakes plays Bryan's assistant, Rocky.

- Air times. The pilot episode of The New Normal aired last night on CTV. Another episode of the show airs tonight.



Cast a (gasp!) Real Housewife in a scripted role

Murphy, a huge fan of the Real Housewives franchise, first cast NeNe Leakes on one of his other shows, Glee.

“We were in the writers’ room of Glee, and we were writing a nemesis for Jane Lynch, and I said, ‘You know what we need? We need somebody like this.’ And I had seen NeNe on Housewives, and I had also seen her take down Star Jones on Celebrity Apprentice. So we had watched that scene, and I said, ‘Wow. I don’t even know if NeNe wants to act, but we should talk to her and offer her this part,’ which was Roz, that she did so well.”

Murphy approached Leakes for the role of Rocky because “she’s just hilarious,” he adds.



Feature a close-minded, no-filter grandma

Nana Jane is a throwback to Archie Bunker — she says shocking, politically incorrect things and isn’t bothered if she offends someone. “(The New Normal) in many ways is about tolerance, and I think it’s about a discussion of tolerance,” Murphy says.

“When I was growing up, one of the most memorable times that I would have with my parents was watching All in the Family and being young and hearing people talk that way and then having a discussion: ‘Was that good? Was that bad? What was that?’ I think people will talk about some things that the (New Normal) characters say, obviously, but I think that’s a good thing.”



Call ‘unconventional’ families ‘normal’

There is no traditional nuclear family in The New Normal, and Murphy credits shows like Modern Family and Will & Grace, which both featured gay characters in committed relationships, for paving the way for his show to reach the air. “So many people watched those shows and are educated. Those shows changed views,” he says.

And while The New Normal is loosely based on Murphy’s own life — “the show came about because my partner and I have been having conversations about surrogacy,” he says — the sitcom also delves into every character reexamining his or her life and asking, “What’s next?”

“We talked about what it was like to be a single mother with a young daughter, what is it like to be a woman in your 50s who is completely starting over and dating again,” Murphy says of Goldie and Jane.

The controversy metre



‘Challenge’ the idea of conventional family



No-filter grandma



Real Housewife actress



On the web



George Michael makes pop history at Paris Opera concert.

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DVD reviews



What to Expect When You're Expecting

Director. Kirk Jones

Stars. Cameron Diaz, Matthew Morrison, J. Todd Smith

What to Expect When You're Expecting, based on the self-help book of the same name, gives us a look at five couples who aren't too sure what to make of the fact that they're in the family way. Director Kirk Jones (Nanny McPhee) loads his film with star power, with moms-to-be played by Anna Kendrick, Cameron Diaz, Elizabeth Banks, Brooklyn Decker and Jennifer Lopez. Their characters range in ages, incomes, circumstances and commitment to the whole blessed event. Chris Rock and Tom Lennon provide comic relief as the most wisecracking members of a "dudes group" of stroller-pushing dads. They help keep things from getting too saccharine. None of these couples are sure about what to expect, allowing the script by Shauna Cross and Heather Hatch to deliver a few surprises along with laughter and tears.

PETER HOWELL

September is filled with zombie kills, catwalk thrills

Milla Jovovich.
Resident Evil star gets ready for the world's fashion weeks



NED
EHRBAR
Metro World News in Hollywood

She may have a film, *Resident Evil: Retribution*, coming out this Friday, but Milla Jovovich has a little more than press junkets and promotional tours on her mind. September also marks the start of the Fashion Weeks season in various cities — New York, Milan, Paris, Toronto — and the star has been a front row fixture at many in the past

Anything in particular you're looking forward to at the various Fashion Weeks?

I am super-looking forward to going to Paris to see Hedi Slimane's new Yves Saint Laurent show. It's going to be super-exciting because I love Hedi and he's amazing. I mean, to think that he's de-



Milla Jovovich is a fixture at many of the fashion weeks. GETTY IMAGES

signing for Yves Saint Laurent is pretty exciting. It's his first show, so I'm excited to see that.

And you'll be right in the front row?

Listen, I'd be in the standing

row, I don't care. I've been in the standing row before. You know, I don't get caught up in front row stuff unless it's, like, important for the designer. But if I want to go see a show and relate or whatever, I'll just go and stand. I don't

care. It's not like people are going to be like, "Oh! Milla wasn't allowed in the front row. I guess she's not hot." It's all good, I'm confident. I'm 36 and I'm still relevant, so I can stand. I'm not that insecure (laughs).

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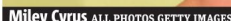
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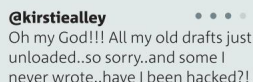
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An unidentified man wielding a pair of scissors reportedly tried to force his way in Miley Cyrus' Los Angeles-area home late at night over the weekend, according to the Associated Press. Luckily, Cyrus wasn't home.

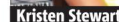
at the time the man attempted entry, claiming to be a friend of the singer and actress. Police were called by employees inside the house and arrested the man after spotting him jumping behind bushes on the property.



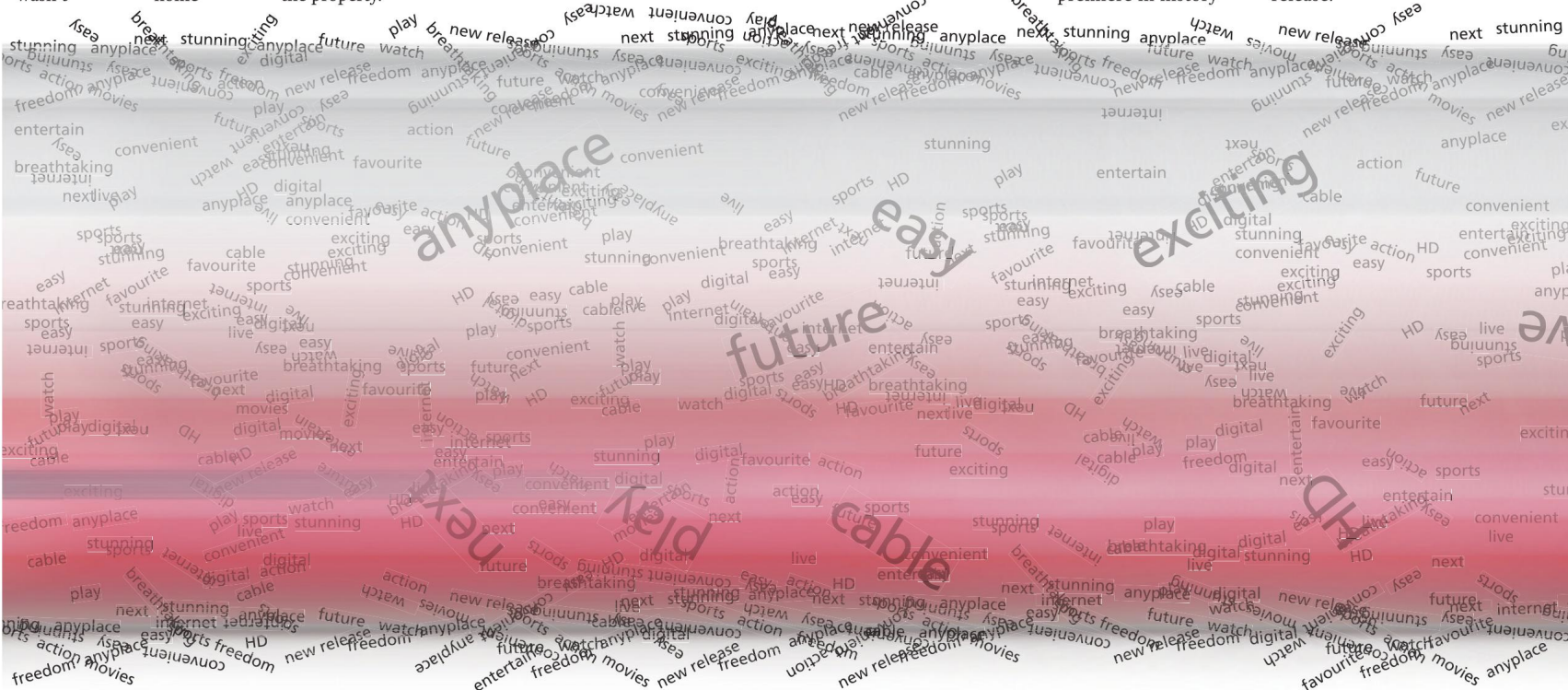
Kristen Stewart will be side-by-side with estranged boyfriend Robert Pattinson to promote the final *Twilight* film very soon, and she swears she isn't stressing out about it.

"We're going to be fine. We're going to be totally fine," she tells the Associated Press.

We certainly hope they will be, as the studio behind the much anticipated film is reportedly planning to break records for the largest Hollywood premiere in history.



for the film's November release.



OUR TAKE ON THE WORLD OF CELEBRITIES

Monica Weymouth
scene@metronews.ca

Usually, people as famous as Ryan Reynolds and Blake

Lively can't go grocery shopping without us snooping around their carts.

But somehow, the impossibly pretty couple planned and executed an entire wedding over the weekend without us so much as getting a whiff of cake.

(Our guess: They killed off the rare caterer who wasn't hypnotized by their sparkling eyes.)

On Sunday, Reynolds, 35, and Lively, 25, tied the knot just outside of Charleston.

SC

A number of details have finally trickled in — the Reynolds trance doesn't last forever — and it seems they had the kind of understated wedding that really works best when you're overly wealthy: A simple white gown (by Chanel), an outdoor reception (at an antebellum plantation) and music by close friends (Bette Midler and Florence Welsh of Florence + The Machine).

It's the second time down



the aisle for Reynolds — who divorced Scarlett Johansson in 2010 after two years of marriage — and the first for Lively, who, not to be

outdone, briefly dated Leonardo DiCaprio last fall.

Now, we're usually a pretty cynical bunch over here, but we think these two

have a real chance. Until those Beckham kids grow up, it's impossible they'll find someone with more perfect bone structure.

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3
LIFE

Are you punk? Hippie? Goth?

How your hair will define you

Beauty. Punk=rebel, dreads=hippie, tight bun=uptight. Does our hair define who we are? Experts discuss with Metro

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

When former Disney star Miley Cyrus chopped off her locks last month in favour of a shorter, grungier 'do, she tweeted: "I've never felt more 'me' in my whole life." This led us to wonder, can our hair shape who we are? Here are five ways in which it can.

It adds to your aura. Just ask a guy.

"Many of us believe our figure is the physical feature that defines us. In reality, anything from the neck up is what people see first and remember most," explains beauty psychologist Vivian Diller. "We have a reaction to someone within the first seven seconds of meeting them. As our mind processes what we see, that person's hair becomes a non-verbal expression of health."

Good-bad hair days influence your day-to-day mood swings

"Your body shape can take years to change. Your facial structure is more or less as it is and although you can play around with cosmetics to highlight different things, there's not a whole lot you can do. Hair on the other hand, is one of the few things that's easy to change," Art Markman, professor of psychology at the

University of Texas, tells Metro. "You exert this tremendous amount of control over it and in a very short period of time, you can completely change your look."

The changeable nature of hair and its versatility explains how it can influence our mood, he adds.

"Every morning you wake up, look in the mirror and face yourself. At this moment, you have this instant sense of what kind of day you're having, just on the basis of your hair. If you feel like your hair is one big lump and that you'd love to be able to shave it off and burn it, you end up feeling like this tangled mass of hair."

It's a cheap way of making a statement

Feel like dip dying the tips of your hair pink? All you need is a DIY dye kit.

"We have a limited number of ways in which we can project ourselves to the world. Cutting or styling our hair a certain way is both a dramatic thing we can do and relatively speaking, an inexpensive one," explains Markman. "You can try and make a statement by changing the way you dress but revamping your wardrobe isn't cheap."

A

high-end haircut is always going to be cheaper than redoing your wardrobe," he points out.

It's an enabler of change (you can believe in)

Your hair can influence how people perceive you, but it can also change your perception of yourself. Diller calls this the feedback loop.

Quote

"People generally take 'all' of you in, what wear, your smile, whether your eyes are bright and shiny. But they're also unconsciously clocking your hair and that can influence the way they treat you."

Art Markman
Psychologist

"Change doesn't have to come from the inside. When you look in the mirror, what it is you see feeds back information about who you are and how you feel about yourself. If you have this fantasy of being a completely different you, then changing your hair can enable this change, because ultimately, you are changing what you see. If a haircut makes you look bolder or younger, that's how you will eventually feel. Only then do you need to change how you feel inside, in order to match what you — and others — see."

It allows you to exert control over your life

So many aspects of your appearance are out of your control.

"You wake up in the morning with a huge pimple on your face. You didn't choose to wake up to spotty skin but you have to deal with it. But your hair — that's more or less under your control," says Markman. "You can walk into a stylist and say, 'cut it.'"

According to Markman, the value of our hair rests on the basis that we all need a few things in our life that are 100 per cent ours.

"So many things in our lives are out of our control. We're constantly trying to manage all the forces that are working against us. But no one can tell you what to do with your hair. It belongs to nobody but you."

"This explains why times when people make significant changes in their hair often reflect a situation where the rest of their life felt out of their control, such as a messy divorce or a shift in career."

It can also be that after a long period of time where they have let themselves go, they are once again seizing control."

Remember: you can always change what it is you see in the mirror.



On the Web



Taking a 'drug holiday' can cut side effects for some prostate cancer patients

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How to deal with an anniversary of your loss

Coping with grief.

Waves of intense emotions are common and there are ways you can prepare for and recover from them

CELIA MILNE
life@metronews.ca

Unhappy anniversary. How do you deal with a date signifying loss?

Whether it's a day of collective grieving such as 9-11 or another day of loss, many people have tough anniversaries on the calendar.

Metro spoke to Toronto psychologist Dr. Kimberly Watson about how to deal with days that mark a disaster, a war, the death of a loved one, a bad diagnosis, an injury, a relationship loss, or a miscarriage.

"Grief has been described to me like coming in waves," says Watson. "With time, the waves come less frequently and less intensely."

Anniversaries may bring



Visitors and tourists are photographing roses that were left at the September 11 Memorial. ISTOCK IMAGES

back waves of intensified grief.

"People might worry they are not 'over' their grief as much as they had thought. What they may come to understand is that these periodic increases in grief, in response to reminders such as anniversary dates, are a normal part of the process of recovering from loss."

Reactions to an unhappy anniversary might include sadness, sleep disturbance,

anger, irritability, dreams, loss of appetite, headaches, and preoccupation with thoughts and memories of the events surrounding the loss.

How do you cope? Watson recommends making a plan to get through the day. Honour the loss and feel your feelings.

"It is normal to feel increased distress. It is also normal to smile or laugh. Allow all of it," she says.



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50 SHADES OF RELATIONSHIPS

THERE ARE MANY LESSONS TO BE LEARNED FOR POST-SECONDARY STUDENTS

Living in a new city. The availability of alcohol. Managing life's responsibilities such as cooking and laundry solo.

Those are some of the expected challenges students are working with when starting college or university. But for almost all them, developing relationships and sexuality is another, possibly tougher, lesson to learn about in their post-secondary years.

"The overarching challenge is navigating all kinds of new relationships, which are formed quickly and in an entirely new environment," says Robin R. Milhausen, associate professor with the University of Guelph's Department of Family Relations and Applied Nutrition. "So negotiating: What does dating look like? What do relationships look like? It's figuring it all out in an entirely new setting."

SEXUAL BOUNDARIES

And in a year where the erotic novel *Fifty Shades of Grey* is everywhere, boundary setting is clearly important in developing these new sexual relationships. "People have sex for countless reasons, including pleasure, popularity, coping, pleasing a partner, and the list goes on," says Alice Balter, a Toronto-based sexual health educator. "It's important to explore what our personal sexual boundaries and limits are, especially within the context of a new-found freedom such as living away from home for the first time. Exploring our sexuality warrants thoughtful navigation for students to stay within their



ISTOCKPHOTO/THINKSTOCK

NAVIGATE YOUR SEX LIFE IN SAFE, FUN WAY

While campuses often offer free protection by way of condoms, there are services of other sorts available notes Alice Balter, a Toronto-based sexual health educator.

"It's important to know the resources your campus offers such as counselling services or clubs and/or associations such as lesbian/gay/bisexual/trans-

gender (LGBT) groups that you can get involved in," she says. "The more information you have about sexual health risks such as the influence of alcohol or sexual assault, and the positive aspects of sexuality such as intimacy and pleasure, the better you'll be equipped you'll be to navigate your sexual lives in a safe and fun way."

personal boundaries and limits."

ADD IN ALCOHOL

And while universities and post-secondary institutions are working on eliminating or minimizing alcohol — particularly in frosh week events (Nova Scotia's Acadia University made headlines last

week for banning alcohol in dorm rooms) — when it is available, alcohol also often ignites new sexual experiences. "Individuals should be wary that sexual relationships can develop really quickly under the influence of alcohol. And then there are the emotional concerns and heartbreak with that, but also legal issues regarding

sexual encounters with someone under the influence of alcohol or drugs," notes Milhausen.

PLAY IT SAFE

So how can students navigate this exciting time in their lives from a sexual standpoint? Aside from practising safe sex by using protection, go with your instincts. "If something about a situation seems off to you, if something about a person or an invitation or request seems off, then trust your gut in deciding," suggests Milhausen.

Also — rest assured parents — Milhausen also notes that while many students let off steam early in the year, things do get better. "Most students tend to go a little wild at the outset — most of them also tend to right themselves before things go too far," she says.

— Astrid Van Den Broek

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SAFE SEX IS THE BEST SEX

DON'T LET DISEASE RUIN ENJOYMENT

Unprotected sexual encounters can lead to sexually transmitted infections (STIs) such as:

CHLAMYDIA: A bacterially transmitted infection that shows virtually no symptoms. If symptoms develop, they can include discharge, burning while urinating, abdominal pain or pain during intercourse (or for men, testicle pain). A urine test can diagnose chlamydia.

GENITAL HERPES: Symptoms include sores around the genital area as well as painful lumps. Medication can help the symptoms, but there is no cure.

HUMAN PAPILLOMAVIRUS (HPV): Warning signs include warts that are flat or cauliflower-shaped. There are several variations of HPV and while some lead to warts, others can lead to cancer. Preventative vaccines such as Gardasil are available for women and men while Cervarix is an option for women only.

GET REGULAR TESTS

How can you prevent STIs? "Wear condoms," says Robin R. Milhausen, associate professor with the University of Guelph's Department of Family Relations and Applied Nutrition. Milhausen also notes regular testing is the second best prevention method. "And if you're sexually active, you should get tested for bacterial STIs every six to 12 months," she says. "Because if you happen to be infected, treatment can prevent long-term damage."

SYPHILIS: This bacterial infection is sexually transmitted and manifests itself in symptoms such as an open sore in the genitals or throat along with — possibly — swollen glands, muscle pain, rash and fever. Syphilis is treated with antibiotics including penicillin.

HIV/AIDS: Sexual contact (along with sharing of needles or for women, through pregnancy and breastfeeding) is how HIV is spread and attacks the body's immune

system. From a sexual standpoint, latex or polyurethane condoms or a female condom are the best prevention methods. While there is no cure for HIV, antiretrovirals can be prescribed to help prolong the life of those with HIV/AIDS.

GONORRHOEA: This bacterial infection shows itself via burning while urinating, pain or swelling in the testicals and a yellow/white discharge in men. In women, it may not show at all, although if symptoms do develop they, too, include burning during urination and a yellow discharge. While antibiotics are available to treat this STI, there is an increase in Canada in the strains resistant to antibiotic treatment.

LYMPHOGRANULOMA VENEREUM (LGV): Another bacterial infection, this, too, develops symptoms such as a lump (which can be painless) and later flu-like symptoms such as fever, chills, fatigue and muscle aches. The lymph nodes in the area where infection began may also swell. Antibiotics are prescribed as treatment.

Want to find out more? Health Canada has fact sheets available at hc-sc.gc.ca and click on "health concerns."

— Astrid Van Den Broek



BANANASTOCK/THINKSTOCK



HEMERA/THINKSTOCK

KNOW THE RISKS BEFORE SEX

Sex education is a big part of college and university life for many students.

While some choose not to engage in sexual activity, many see this as time to learn more about their sexual feelings and preferences. So students need to know about the risks involved before becoming sexually active.

Sexually transmitted infections and diseases, especially among young Canadians, continue to be a significant and increasing public health concern. Rates of chlamydia, gonorrhea, and infectious syphilis have steadily increased during the past decade.

The majority of reported chlamydia and gonorrhea cases continue to be among those aged 15 to 29 years.

Regular testing for sexually transmitted infections, including HIV, is important for anyone who is sexually active, as many infections, including chlamydia, gonorrhea and syphilis, are easily treated.

It's important to communicate with your sexual partner before sex. Topics for discussion should include what sexual activities you will and won't engage in, what protection you will use and exchanging information about past sexual partners and habits.

MAKING ORGASMIC WAVES

Gone are the days of dark, cave-like sex shops where customers secretly slink in and quickly back out into the shadows.

Personal pleasure, once considered predominantly a man's sport, has gained prestige, popularity and social acceptance among many women, who are also quick to share trade secrets among their girlfriends.

It may be this information exchange that has made the Canadian-made We-Vibe — a cleverly designed toy created for self-pleasure and couples' play — the No. 1 selling sex toy among playful pairs around the globe.

It has a revolutionary shape, which simultaneously stimulates the G-Spot and clitoris, and a unique benefit that appeals to both genders (worn while making love).

The We-Vibe, launched in 2008, continues to stretch the limits of our bedroom romps, going beyond the commonplace phallic fare typically available.

The We-Vibe 3, the latest version of this environmentally-friendly find (it's rechargeable and body safe, made with medical-grade silicone and 100 per cent lead free), is touted as the most powerful

couples vibrator.

Added bonus(es) — it comes with a wireless remote control to switch between the six vibration modes (for all kinds of imaginative fun) and it's completely waterproof!

Also making orgasmic waves is the company's three super-powerful, yet highly compact offerings: The Touch (a hand-held personal massager); the lipstick-shaped Tango; and its latest offering for solo play, the Thrill by We-Vibe®, which is coming this fall to retail locations across Canada.

For full product info, visit we-vibe.com ... then go ahead and share the buzz with your pals.

— Tanya Enberg



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Advice

Birthday gift options for the elder

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

What would be an appropriate birthday gift for a 70-year-old woman?

Thank you! Marian

Dear Marian,

A birthday gift, let alone a 70th birthday gift, is something very important — you've now got the objective of finding something that makes this person particularly happy.

From what I have experienced, people at that age more often prefer an experience rather than a particular gift. That being said, because I don't know this lady, I have several suggestions either way.

First, if she's been mar-

ried for 70 years it would be something platinum, so this may be a starting point. Perhaps something platinum with her birth stone?

A family celebration either at a relative's home or at a special restaurant would be fun.

Perhaps rent a fancy car to pick her up to take her to dinner, where the family is waiting for her as a surprise!

If she loves wine, as most women do, perhaps a bottle of red wine from the year of her birth, but that can get

very expensive. You can buy from the New York Times the front page of the newspaper from any year you wish — this, framed could be nice. Does this lady have a collection of any kind? Antique dolls, china pieces or crystal objects that she keeps in a curio cabinet?

Those are just my suggestions. If anyone has some great ideas, please email them to me and I will list them in a future column. Until then, hope she has a happy birthday!



No matter the age of the recipient, you have got to get them something sweet for their birthday. iSTOCK

Let's talk about sex, baby

Poll. We interviewed 2,500 of you about your most intimate secrets. Here's what you revealed (we won't judge).

How often do you have sex?

Look at the person next to you. Wink. Today may be your lucky day: 45 per cent said they get busy weekly, which beat daily (eight per cent) and monthly (12 per cent) for the top spot. Only one per cent have sex yearly, and 12 per cent didn't know or said "it depends," but second place actually went to: "It's been too long since the last time" (17 per cent). Sorry folks. May we introduce you to some virgins (six per cent)?

What's your kink of choice?

You really enjoy your public displays of affection: An overwhelming 42 per cent of survey responders admitted to having sex outdoors or in public. And, while your parents might have told you not to play with your food, now that you're an adult you enjoy playing with your food ... in



bed (21 per cent).

Three's never a crowd: 13 per cent of you have dabbled in a ménage à trois. (Are 13 per cent of you lying?)

About 14 per cent have

tried the dominant game while 10 per cent have played the submissive, and an especially sexually adventurous four per cent of you have tried on some S&M gear. Play-

Stat

45%

of you get busy ... weekly.

Stat

22%

want to see Batman and Catwoman get it on...



ing with candles (four per cent) didn't light your fire as much as playing with butt plugs (nine per cent). And, a select few of you (four per cent) have a few sexy secrets that weren't even mentioned.

Note to the 34 per cent of you who said you weren't kinky: Experiment. If butt plugs are too adventurous, maybe try food in bed — you

probably eat there anyway.

What kind of erotica do you enjoy?

About a quarter (27 per cent of you) don't need outside materials to turn you on. But, when it comes to your sexual media, the majority of you head online. Forty-five per cent get excited from videos and web clips, with a small portion of responders preferring to watch sex acts live (four per cent).

Erotic fiction tickles the fancy for 15 per cent, while two per cent of you are hanging on the telephone. About seven per cent of you are lovers of the arts — pornographic photography art, that is.

Why is Fifty Shades of Grey such a big deal?

For the majority of you (10 per cent), you felt the most appealing part of reading the Fifty Shades series was the fact that reading about sex is empowering. However, a lot of you also believed the books had people hooked because it made submissive fantasies more mainstream (eight per cent).

Five percent couldn't ignore that the books' popular-

ity was probably due to the connection to Twilight, while six per cent felt the fantasy series' basis in reality was what made so many people read it.

Three per cent felt that the reason Fifty Shades was so popular was because it was available on ebook to readers, allowing them to peruse steamy scenes anywhere from the four walls of their bedroom to wide-open public transportation.

What fictional characters do you want to see getting hot and heavy?

Light up the Bat-signal: 22 per cent of you want to see Batman and Catwoman get busy. But Marvel heroes Iron Man and Black Widow aren't that far behind (11 per cent). You weren't so interested in seeing Spider-man finally land Gwen Stacy (five per cent).

For you Hunger Games fantasy fiction fans, Katniss and Peeta (three per cent) beat out Katniss and Gale (two per cent). Oddly, Katniss/Gale tied with the desire to see Frodo and Gollum getting it on.

Maybe "Doing the Hobbit" will be the next big sex trend of 2012.

METRO WORLD NEWS



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Pineapples and coconut sauce: Tropical take on scallop stir-fry



ROSE REISMAN
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I prefer buying large scallops for a stir-fry. The key is to not overcook them, or they become dry and chewy.

Make sure to buy light coconut milk, which is much healthier for you than regular coconut milk. Serve over rice or noodles.

1. Make the coconut hoisin sauce by whisking together the coconut milk, hoisin sauce, oyster sauce, peanut butter, cornstarch, garlic, ginger, chili sauce and brown sugar in a small bowl until smooth. Set aside.

2. Lightly coat a nonstick grill pan (or wok) with cooking spray and set over medium-high heat. Add the scallops and sauté until the flesh is opaque and center is slightly translucent, about 3 minutes. Remove from the pan and set aside.



This stir-fry serves four. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

3. Steam or boil the broccoli for 2 minutes just until tender. Drain well. Respray the pan (or wok)

and reduce the heat to medium. Add the broccoli and the red bell pepper and stir-fry for 2 minutes.

Ingredients

Sauce

- 1/2 cup light coconut milk
- 1/4 cup hoisin sauce
- 2 tbsp oyster sauce
- 1 tbsp natural peanut butter
- 1 tsp cornstarch
- 1 1/2 tsp chopped garlic
- 1 tsp finely chopped ginger
- 1 tsp hot chili sauce
- 1 tbsp brown sugar

Stir-fry

- 12 oz large scallops
- 1 1/2 cups chopped broccoli (including stems)
- 2 cups sliced red bell pepper
- 1/2 cup diced pineapple
- 1/4 cup chopped cilantro
- 3 tbsp chopped green onions

4. Add the sauce and scallops and stir-fry for another 2 minutes or until the sauce thickens and all the ingredients are heated through. Transfer to a serving platter and sprinkle with pineapple, cilantro and green onions.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

What you don't know about yogurt can hurt you



NUTRI-BITES
Theresa Albert, DHN, RNCPT
myfriendinfood.com

These days, all you hear about is probiotics. Do you really need them? Do they really affect your health? What happens if you don't have them and what the heck are they anyway?

Probiotics feed the good bacteria in your gut. Good bacteria in your gut breaks down food, synthesizes vitamins, stimulates immunity and kills bad germs. In short, they are crucial.

We are born with a set amount of good bacteria (thank your mom) but poor lifestyle choices, antibiotics and other issues such as weight gain and environment can wreak havoc on

these life-sustaining belly buddies. Poor gut flora has been linked to everything from C. difficile to the metabolic syndrome. Trust me, you care.

One of the best ways to build good bacteria is to eat yogurt. The shelves are full of boasting brands.

Here is your cheat sheet of what to look for:

- Gelatin free
- No colourings or flavourings
- Only real fruit added
- As low in sugar as palatable to you
- As fortified in probiotic as high as possible (more than one billion if possible)

The most important key is to choose a flavour that will keep you interested and eating. It doesn't matter how healthy a food is, it won't do you any good sitting in the fridge.



Theresa Albert is an author and nutritionist in Toronto. She is @THERESAALBERT on Twitter and found daily at myfriendinfood.com

Fresh. Summer Ceviche with Shrimp and Crab



1. In blender, combine lime juice, tomatillos, cilantro and kosher salt. Puree until smooth; set aside.

2. Cut each shrimp into 3 large chunks. Place shrimp in bowl, then pour lime juice mix over them. Mix well, then stir in crab. Cover and refrigerate 30 mins., mixing every 10 mins. to ensure flavours are well distributed.

3. Just before serving, mix in both chili peppers, tomatoes and avocado. Serve in individual bowls garnished with lime wedges. Sprinkle top with a pinch of fleur de sel and serve with tortilla chips on the side.

THE ASSOCIATED PRESS/ ELIZABETH KARMEI, GRILLING AND SOUTHERN FOODS EXPERT

Ingredients

- 1/2 cup lime juice
- 3 to 4 large fresh tomatillos, husks removed, washed
- 1 cup loosely packed fresh cilantro leaves
- 1/2 tsp kosher salt, plus more to taste
- 1 1/2 lbs cooked shrimp, shells and tails removed
- 1/2 lb of lump crabmeat
- 2 tsp minced each serrano pepper and habanero pepper
- 1 cup grape tomatoes, quartered
- 1 large avocado, peeled, pitted and diced
- Fleur de sel
- Lime wedges, to serve
- Tortilla chips, to serve

Wrap up grilling season with salmon and gazpacho dish

Salmon's richness always cries out for a little acid, even if it's nothing more than a squeeze of lemon. This recipe's gazpacho vinaigrette ups the ante. Gazpacho is a cold Spanish soup with many variations, but the basic recipe is a refreshing tomato-based vegetable soup. Here, add extra-virgin olive oil and sherry wine vinegar, thereby repurposing the soup into a chunky vinaigrette dressing.

1. Heat the grill to medium.

Ingredients

- 1/2 red bell pepper, diced
- 1/2 lb ripe tomatoes, diced
- 4-inch piece English cucumber, diced
- Kosher salt
- 1/2 clove garlic, smashed
- 1 tbsp sherry vinegar
- Ground black pepper
- 2 tbsp extra-virgin olive oil
- Four 6- to 8-oz pieces centre-cut salmon or arctic char fillets, skin on
- Olive oil, olive oil spray
- Chopped fresh herbs (such as basil, chives, tarragon, cilantro or parsley), to garnish



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

2. In a medium bowl, toss together the pepper, tomatoes, cucumber and half a teaspoon of salt. Mix well, then spoon half of the mixture into a blender.

3. To the blender, add the garlic, vinegar, a few grinds of pepper and the olive oil. Puree until smooth. Add the puree to the bowl of diced vegetables, stir well and season with salt and pepper.

4. Use paper towels to pat dry the salmon fillets. Spray the fillets all over with the olive oil spray, then sprinkle them with salt and pepper. Arrange the fillets, skin side down, on the grill grate over direct medium heat. Cover and cook until the flesh right next to the skin looks opaque, 6 to 7 minutes.

5. Flip the fillets and cook until just cooked through, an-

other 2 to 3 minutes. Transfer the fish from the grill using a wide metal spatula.

6. To serve, divide the sauce between 4 shallow bowls, then set a piece of salmon over each, skin side up (you can easily peel off and discard the skin at this point, if desired). Garnish with chopped herbs, if desired.

THE ASSOCIATED PRESS



Educate your kids about money. Start young. Take time to show them that salmon costs more than a lemon. ISTOCK

ABC's of money can start as early as three

Never too early. Talk to your kids about money, add financial literacy to their learning and they will thank you later



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Summer is officially over and your children are heading back to day-care and school. Now is the perfect time to add financial literacy to their regular routine.

When North American adults were surveyed by CouponCabin.com in August, nearly 75 per cent of them wish they'd received more financial education when they were young. Instead, according to the BMO Retirement Institute's Approach to Retirement, many people learn about money through first-hand experiences (some

good some bad) or upon the advice of friends and family members (some are qualified while others are not).

Good thing, nearly 80 per cent of parents these days are motivated to pass along smart money management skills to their children.

Don't worry if you're not financially savvy like Warren Buffett. Talking to your children about money is easy and, in fact, you can start as early as three years old.

Toddlers can learn money basics, like what it looks like and how it feels, by showing them coins and providing a small piggy bank to play with. This is also a great opportunity to teach your children a little bit about numbers; like how four is larger than two and what numbers look like when they're written out. Spend time counting coins with them and perhaps make a craft out of your penny collection.

Take your kids to the grocery store and explain what prices mean and the difference between an expensive

item, like a piece of salmon, versus the cost of a lemon. Allow them to pick out their favourite foods and read the prices with them. Show your children how coupons are used and explain why saving money is good for families.

When junior is a bit older, describe what you're doing when you go to the bank or ATM machine. If you pay with a credit card versus cash, explain the difference between the two methods of payment. As early as five years old, put your children on a small allowance. These allowances are critical tools parents can use to demonstrate how to budget and prioritize a child's money. When linked to chores and tasks, allowances convey the lesson of the value of a dollar. Through an allowance, children can begin to demonstrate their OWN ability to plan ahead, use a budget and be accountable for their spending. This is also a great time to open up a bank account.

Follow Lesley on Twitter @LesleyScorgie

What practical lessons can be learned from the events of eleven years ago?

9-11. Terrorism or global economic meltdowns can shatter portfolio returns; plan accordingly, invest defensively



YOUR MONEY
Alison Griffiths
money@metronews.ca

Any crisis, like 9-11, touches off a financial one too.

Eleven years ago today attacks on the World Trade Center and Pentagon shocked the world; the memory is still sharp. Aside from the fact that violence begets violence, is there anything practical to be learned from those tragic events?

Yes, on the mundane financial level there is a key investment lesson. It is this: nobody can consistently predict the future. Prior to 9-11 it was widely thought by economists that we were rapidly heading into a period of



Plan for disasters. They will always happen. Events beyond our control can shatter returns. So, invest defensively in a balanced portfolio, include bonds. ISTOCK

higher interest rates. I recall giving a series of seminars at the time and attendees were wondering what to do if such came to pass.

I told them not to bet on rates rising. And sure enough they dropped, pushed down by the terrorist attacks. By

December 2001, the U.S. overnight lending rate was down to 1.75 per cent, the lowest in 40 years – and they've stayed low ever since.

Was I prescient? No! I simply know from long experience that no one can predict where the stock market or

interest rates will go.

Whether it is terrorism or global economic meltdowns, events beyond our control can shatter portfolio returns. If you don't plan accordingly, you will suffer. That means investing defensively by having cash, bonds and equities

and keeping fees as low as possible.

Cash is for the unexpected, a flood not covered by insurance, unemployment or divorce. Without cash, unexpected costs end up on credit cards or credit lines.

Bonds are for ballast. Sure

Impact

14%

The decline in the Dow Jones Industrial Average the week following 9-11.

yields are pathetic but you won't believe how good it feels to have them in your portfolio when the market drops 30 per cent as it did after the housing/financial fiasco in 2008.

Equities are the historic growth engine in the form of mutual funds, individual stocks or exchange trade funds (ETFs). I prefer the latter because of their ultra low fees.

A balanced portfolio containing cash, bonds and equities will protect you in most situations and will perform just as well, over time, as an all equity portfolio and with far less risk.

The other key financial lesson to be drawn from 9/11 is that life is fleeting. Live a responsible financial life but don't forget to enjoy what you earn and save.

GET INVOLVED

MAKE THE MOST OF STUDENT LIFE WHILE ON CAMPUS

Whether you live in residence or on your own, a great part of university life can happen on campus. But how to ensure you make the most of it?

Marlene Gross, manager of services for new students at Concordia University, says start with a full tour of campus. If you don't do it now, you might spend your entire academic career in your one corner of campus. "It really gives you a full feel of the university," she says.

Sarah Morris, assistant director of student services at Saint Mary's Univer-



HEMERA/THINKSTOCK

sity, says orientation events are a good first step. "It's a great way to meet new people. Saint Mary's has (people from) over 90 countries on campus so it's a great way to see what the world is all about and stay home at the same time."

SMU also hosts a Society Expo for the more than 60 groups on campus, as well as a volunteer fare; both are excellent ways to extend your social network. At many schools you will already be paying for gym membership, or have a discounted price, so find out to what you are entitled.

Mitchell Miller, student life co-

ordinator at McGill University, says organizations such as the Student Society of McGill University can connect you to hundreds of societies and clubs, from charities and social activism to commerce and mentoring programs with older students. Faculty and departmental clubs will give you a chance to find study buddies.

Campus life can also be a good way to try potential careers. McGill has a campus radio station, CKUT, for those interested in broadcasting.

"Student life is a really important way to get involved in it," he says.



BANANASTOCK/THINKSTOCK

Student newspapers are another way to gain writing experience, and to go to fun events. Mitchell says he was a very involved student and it paid off. "The skills it helped me build are so helpful now in my career path," he says. "It really increases your social circle."

Marlene Gross cautions that your workload in September is probably the lightest it will be all year, so be careful not to over-commit to extracurricular activities. Get an agenda and mark out your fixed items like classes, study time and work shifts, and then think about what else you can manage.

"It's all about balance and time management. It's important to get involved, but not to skip classes," she says.

— Jon Tattrie

LANGUAGE TRAINING FOR NEWCOMERS IS FREE AT ALGONQUIN COLLEGE

Building your career in a Canadian workplace requires more than credentials. You will need to interview and network successfully; communicate with peers; and understand the culture of your workplace.

If you are new to Canada, how will you acquire these skills? There is help, and it's free.

Funded by Citizenship and Immigration Canada, Occupation-specific Language Training (OSLT) is offered at Algonquin College in Ottawa and across Ontario college campuses.

If you are a permanent resident or a protected person with job training or sector experience and language proficiency at Canadian Language Benchmark (CLB) levels 6 to 8 in one skill area, you could be eligible for OSLT to improve your communication skills and your success on the job in Canada.

Algonquin OSLT Health Sciences graduate Rochelle Piske came to Ottawa as a trained, experienced nurse from Brazil.

"Taking the OSLT course helped me



JUPITERIMAGES/CREATAS/THINKSTOCK

improve my English, and much more," Piske says. "It taught me how to interview patients and write reports with the terms and short forms often used in Canada."

She explains, "The system is very different here, even how information is shared. With OSLT training, I met wonderful professionals from Canada and around the world. It was amazing."

With OSLT and technical training, Piske will soon write her exams to practise in Ontario.

To learn more about Occupation-specific Language Training at Algonquin College, call 613-727-4723, ext. 5700, visit online at algonquincollege.com/OSLT, or in person at Algonquin College Woodroffe Campus, Room B442, in Ottawa.

Advance your Career – with Free Workplace Language Training

Information Sessions

BUSINESS	Tuesday - September 4, 11, 18, 25
TECHNOLOGY	Wednesday - September 5, 12, 19, 26
HEALTHCARE	Thursday - September 6, 13, 20, 27

All sessions are 6:00 p.m. – 7:00 p.m. in room A148 - Please bring a copy of your resume.

Algonquin College offers FREE Occupation-specific Language Training (OSLT) for newcomers who are permanent residents or protected persons with English proficiency at the Canadian Language Benchmark (CLB) 6 to 8 levels.

Contact us today to attend an information session!
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Sandermoen students are ambitious professionals; men and women who want to be at the forefront of a rapidly changing business world. They realize that running a modern business well means thinking outside the box, beyond traditional borders — and adapting to reflect new global realities. Therefore, Sandermoen focuses on two types of leadership: Global leadership and innovation leadership, offering executive MBAs, MBAs, and master's certificates in both.

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are designed with the student's needs in mind. You will have access to the best online learning tools available. You will interact with talented professors comfortable with the online format. You can ask questions, participate in discussions, and work collaboratively on study

material, all online. You will have 24/7 access to course materials. You will even participate in "live" seminars or conferences with experienced global business leaders.

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charging a tuition rate far lower than most Canadian online executive MBA programs. The reason is simple: As a private institution, focused solely on teaching, the University of Fredericton can afford to pass along its cost savings to you.

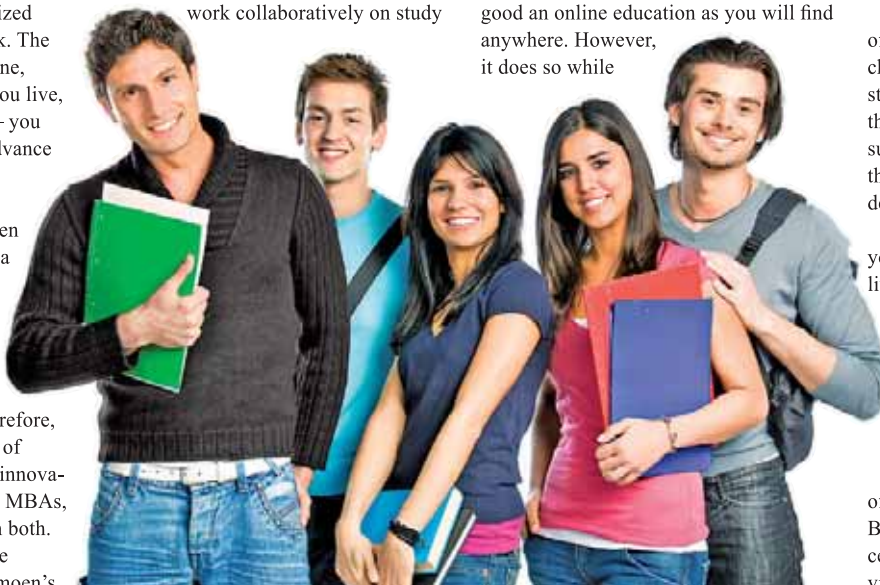
For five years now, the University of Fredericton has provided its game-changing educational model to those students hungriest to get ahead. These are the students for whom the only barriers to success have been distance and time. And through the university's state-of-the-art delivery, those barriers have been erased.

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To find out more about the University of Fredericton's Sandermoen School of Business, including its admissions process, contact Tracy at 506-455-1690, or via email at Admissions@UFred.ca.



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- 2012-13 ITL Career Program
- Fall 2012 Bar Exam Prep Course
- Fall 2012 NCA Challenge Examination Review Program
(online participation available)
- 2013-14 Comprehensive Program

Fall 2012 Open House & Information Sessions:

University of Toronto Faculty of Law

September 14 2-4 pm EST (78 Queen's Park)	October 16* 6-8 pm EST (84 Queen's Park)	November 22* 10 am-12 pm EST (84 Queen's Park)
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*Online participation available for some sessions. Contact the ITLP for details.

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itlprogram.law@utoronto.ca | 416.978.6770

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Everybody has a dream career that they would love to pursue. It's the kind of job you would be willing to do for free because the money doesn't matter. Doing it just makes you happy.

The Internet is full of websites offering advice about how one can land their dream job. For the person trying to sift through all of this information, it can be a disappointing process as relevant information can be difficult to find and the advice might not be very good.

That's where CareerBear.com comes in to save the day. The site is Canada's premier information source for people who want a new career, but aren't sure where to start their search.

One of the things that makes Career Bear so unique and effective is that its content is Canadian, so the articles are tailored specifically to what's happening in Canada, as well as what will be happening in the future. This ensures the



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information is relevant and applicable to readers.

At the home page of CareerBear.com, you can browse careers by industry, salary, outlook or alphabetical listing. On each career page, you will find job profiles, quick career facts and training programs near you.

In other words, not only does Career Bear provide you with information about how to make the move, but it also suggests programs and schools in your area that can help make the dream a reality.

To date, more than 65 detailed profiles have been written about careers in fields such as business, writing and language,

HAVE A QUESTION?

Are you looking for information on a career that isn't featured (yet) on Career Bear? Get in touch via email at contact@CareerBear.com on what career the site should be profiling, as well as any other thoughts you have about the site.

creative arts, engineering and science, culinary arts, IT, trades, medical and health, legal and professional, and more. As time goes on, this number will only continue to grow.

Career Bear is loaded with great content and in the coming weeks (and months), it will continue to add great general interest articles. Topics that have been covered recently include why you shouldn't stay in the same job for more than five years, the careers with the fastest salary growth, the best jobs for working moms, and the 10 hottest career options for the next five years.

Check out CareerBear.com today to get a head-start on landing your dream job of tomorrow.

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I've got details on flexible careers, jobs with the fastest salary growth, keys to loving your job and the schools and tools in your area to help you become what YOU want to be.



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STAY CURRENT WITH PROJECT MANAGEMENT SYMPOSIUM

As a project management professional (PMP), you have to stay current. And you can: By being part of the 12th annual National Capital Project Management Symposium in Ottawa.

The symposium takes place Oct. 15-17 at the Hampton Inn Ottawa and Conference Centre. Organized by the Project Management Institute, Ottawa Valley Outaouais Chapter (PMI OVOC), the symposium will welcome an anticipated 400 attendees for three days of professional development, interactive sessions, networking opportunities, and more.

Guest speakers will include Jeff Tobe, former advertising executive and winner of five international Golden Pyramid awards, and Martin Latulippe, bestselling author and motivational speaker in the field of human potential.

PMI OVOC has been promoting project management professionalism, training, education, and networking op-



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portunities in the Ottawa-Outaouais area since 1985. Today, it boasts a membership of nearly 2,000 professionals.

If you are a certified PMP, you will receive one PDU for each of hour of symposium programming you attend, to a maximum of 21 PDUs. If you are a current member of PMI OVOC, your PDUs will automatically be registered for you.

You don't have to be a member of PMI to attend the symposium, and registration rates are reasonable. To learn more, email info@pmiovoc.org or visit pmiovoc.org.

The symposium's official sponsor is Beva Global Management Inc. Company.

Additional sponsorship is provided by Algonquin College Corporate Training, Global Knowledge, Metro, CTE Solutions, Modis Canada, and Learning Tree International.

CELEBRATE MILESTONES ON YOUR LAW JOURNEY

REACH YOUR GOAL WITH U OF T ITLP

The University of Toronto's Internationally Trained Lawyers Program (ITLP) recognizes the challenges facing internationally trained lawyers trying to adapt to Canadian legal practice. It's not just a matter of study and dedication — it also means adjusting to a new home, a new culture, and different ways of thinking.

That's why the ITLP encourages you to celebrate each milestone in your journey to accreditation, no matter how long that journey takes. And it provides you the academic and professional tools you need to reach your goal.

Caribbean-born Keisha-Ann Shaw Hill was a mom with a newborn when she started the program. Now she practises real estate law full time. "It's very exciting," says Shaw Hill. "I don't feel like I am just starting out as a new lawyer in Canada."

Mehreen Alavi is another successful graduate. Already called to the bar in England, Wales, and Pakistan, she has




UNIVERSITY OF TORONTO PHOTO

since interned with Torys LLP, articled at Stikeman Elliott, and will be called to the Ontario bar this month.


Gurpreet Shergill appreciated ITLP's class format. "Group discussions and suggestions by professors and TAs on how to prepare for exams were very helpful," he remembers.

Students in the ITLP must be Canadian citizens, permanent residents, or convention refugees, and must have completed a law degree in their home country.

Phone 1-416-978-6770 or visit itlp.utoronto.ca to learn more.



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Rowdy welcome for Canadians in Panama

Soccer. Canada dealing with crowd of noisy supporters ahead of World Cup qualifier

If the Canadian men's soccer team was hoping for a good night's sleep Monday, here's hoping the players packed some earplugs.

Noisy Panamanian supporters planned to camp outside the Canadians' hotel for the

second consecutive night Monday to throw off the opposition ahead of Tuesday's important World Cup qualifier.

"We'll see what happens," said captain Kevin McKenna. "I'm sure there were police there, so we'll see."

Canada is first in its group halfway through the stage following Friday's 1-0 victory over Panama at Toronto's BMO Field. Gaining four points from its remaining three games would allow Canada to advance to the final round for the first

time since 1998.

Panama is pulling out all the stops to avenge Canada's win. On Sunday night, more than 100 Panamanian supporters stood outside the Canadian hotel banging drums, setting off fireworks and inviting passing motorists to honk their horns.

"I've got three kids at home. I'm conditioned," coach Stephen Hart joked when asked how he slept. "It's normal."

Sunday's antics may have been just the warmup act as

local radio shows and newspapers encouraged fans to show up at the hotel with car stereos blaring.

A capacity crowd of 31,000 fans is expected for Tuesday's game at the Estadio Rommel Fernandez in what could be the first truly hostile crowd of Canada's World Cup qualifying run. Previous gatherings in Puerto Rico, St. Lucia, St. Kitts and Cuba were far from overwhelming.

"We're footballers. We have to get used to this and playing

in these environments — especially in CONCACAF," said defender David Edgar. "If we don't thrive on playing in atmospheres like this, then why are you playing the game?"

Canada will be without two key players Tuesday. Striker Olivier Occean is injured and did not make the trip to Panama. Hart said he may rejig his formation as a result.

Midfielder Will Johnson is suspended for Tuesday's game because of yellow card accumulation. **THE CANADIAN PRESS**



Murray breaks major drought in U.S. Open grand finale

Andy Murray reacts to winning the U.S. Open after a grueling five-set final against defending champion Novak Djokovic in New York City. Murray prevailed 7-6 (10), 7-5, 2-6, 3-6, 6-2 in his fifth try in the final of a major tournament. The 25-year-old Scot was reeling going into the decisive set after Djokovic rallied from two sets down to even the match. But Murray broke the Serb's serve in the first game, then broke again to go up 3-0. When it was finally over after a record four hours and 54 minutes of long, scintillating rallies, Murray crouched to the court with both hands over his face. Fred Perry won Britain's last Grand Slam men's title 76 years ago at the U.S. Championships, the Open's predecessor. **MICHAEL HEIMAN/GETTY IMAGES**

NHL. Lockout looming with less than week to go

The wheels have already been set in motion.

As the NHL enters the final days under its collective bargaining agreement, both the owners and players have meetings scheduled in New York City where they'll discuss an impending lockout. But unless the sides can find a way to get back to the bargaining table and hammer out an unlikely deal before 11:59 p.m. ET on Saturday, it's a mere formality.

In fact, commissioner Gary Bettman won't even have to make the case for a lockout when the Board of Governors gathers at a Times Square hotel on Thursday afternoon.

Rallying the players

The NHLPA is planning its largest gathering since 2005 with more than 250 players slated to attend Wednesday and Thursday.

"The commissioner doesn't need specific board authorization to institute or implement a lockout," deputy commissioner Bill Daly told The Canadian Press in a recent interview. "That has been granted already in connection with his authority to conduct collective bargaining." **THE CANADIAN PRESS**

NHL

Players' union will try to get locked-out players paid in Quebec and Alberta

The NHL Players Association intends to challenge a lockout before labour boards in Quebec and Alberta, a move that if successful could force the league to pay players on the Montreal Canadiens, Calgary Flames and Edmonton Oilers during a work stoppage.

Labour law in Canada is provincial, not national. The NHLPA is not recognized as a certified union in Quebec.

THE ASSOCIATED PRESS

MLB. Astros not giving up on Clemens this season

Astros owner Jim Crane says there's a possibility 50-year-old Roger Clemens could pitch for Houston this season.

The Astros begin a week-long homestand on Monday that includes three games against the Cubs and four against the Phillies. Their only remaining home games after that stretch are against the Pirates and the Cardinals.

Clemens has pitched eight scoreless innings in two starts with Sugar Land of the independent Atlantic League.

When asked about pitching for Houston this season after Friday's game, Clemens said he didn't see it happen-



Roger Clemens with the Sugar Land Skeeters on Friday.

GETTY IMAGES

ing because of the time it took him to recover from his first start.

THE ASSOCIATED PRESS

Mobile sports



"What a golden summer it has been for our country," British Prime Minister David Cameron said on Monday. Indeed, London held one final parade a day after the end of the Paralympics to celebrate a sporting summer for the ages.

4 SPORTS

MLB

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	79	61	.564	—
Baltimore	78	62	.557	1
Tampa Bay	77	63	.550	2
Toronto	64	75	.460	14½
Boston	63	78	.447	16½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	75	64	.540	—
Detroit	73	66	.525	2
Kansas City	63	77	.450	12½
Cleveland	59	81	.421	16½
Minnesota	58	82	.414	17½

WEST DIVISION

	W	L	Pct	GB
Texas	83	57	.593	—
Oakland	79	60	.568	3½
Los Angeles	77	63	.550	6
Seattle	67	74	.475	16½

Monday's results

Cleveland at Minnesota

Detroit at Chicago White Sox

Oakland at L.A. Angels

Sunday's Results

Toronto 4, Boston 3

N.Y. Yankees 13, Baltimore 3

Tampa Bay 6, Texas 0

Minnesota 8, Cleveland 7

Kansas City 2, Chicago White Sox 1 (10 inn.)

L.A. Angels 3, Detroit 2

Oakland 4, Seattle 2

Tuesday's Games — All Times Eastern

Tampa Bay (M.Moore 10-9) at Baltimore (Mig.Gonzalez 6-4), 7:05 p.m.

Seattle (Er.Ramirez 0-2) at Toronto (Morrow 8-5), 7:07 p.m.

N.Y. Yankees (Kuroda 13-10) at Boston (Lester 9-11), 7:10 p.m.

Cleveland (U.Jimenez 9-15) at Texas (M.Harrison 15-9), 8:05 p.m.

Detroit (Fister 8-8) at Chicago White Sox (Peavy 10-10), 8:10 p.m.

Kansas City (W.Smith 4-7) at Minnesota (Diamond 11-6), 8:10 p.m.

Oakland (Straily 1-0) at L.A. Angels (Williams 6-7), 10:05 p.m.

Wednesday's Games

Tampa Bay at Baltimore, 7:05 p.m.

Seattle at Toronto, 7:07 p.m.

N.Y. Yankees at Boston, 7:10 p.m.

Cleveland at Texas, 8:05 p.m.

Detroit at Chicago White Sox, 8:10 p.m.

Kansas City at Minnesota, 8:10 p.m.

Oakland at L.A. Angels, 10:05 p.m.

AUTO RACING

NASCAR SPRINT CUP SCHEDULE

Sep. 16 — GEICO 400, Joliet, Ill.

Sep. 23 — Sylvania 300, Loudon, N.H.

Sep. 30 — AAA 400, Dover, Del.

Oct. 7 — Good Sam Roadside Assistance 500, Talladega, Ala.

Oct. 13 — Bank of America 500, Concord, N.C.

Oct. 21 — Hollywood Casino 400, Kansas City, Kan.

Oct. 28 — TUMS Fast Relief 500, Ridgeway, Va.

Nov. 4 — AAA Texas 500, Fort Worth, Texas

Nov. 11 — Phoenix 500, Avondale, Ariz.

Nov. 18 — Ford EcoBoost 400, Homestead, Fla.

CFL

WEEK 12

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Toronto	10	6	4	0	255	253	12		
Montreal	10	6	4	0	273	310	12		
Hamilton	10	3	7	0	297	339	6		
Winnipeg	10	2	8	0	200	321	4		

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	10	7	3	0	270	181	14
Calgary	10	6	4	0	268	254	12
Saskatchewan	10	5	5	0	267	206	10
Edmonton	10	5	5	0	239	205	10

Sunday's result

Saskatchewan 25 Winnipeg 24

Saturday's results

B.C. 43 Montreal 10

Toronto 45 Hamilton 31

Friday's result

Calgary 20 Edmonton 18

WEEK 12

Friday's game

Winnipeg at Calgary, 9 p.m.

Saturday's games

Edmonton at Hamilton, 3 p.m.

Toronto at B.C., 7 p.m.

Sunday's games

Saskatchewan at Montreal, 1 p.m.

NFL

WEEK ONE

Sunday's results

Chicago 41, Indianapolis 21

Minnesota 26, Jacksonville 23, OT

Houston 30, Miami 10

New England 34, Tennessee 13

Washington 40, New Orleans 32

Atlanta 40, Kansas City 24

N.Y. Jets 48, Buffalo 28

Detroit 27, St. Louis 23

Philadelphia 17, Cleveland 16

Arizona 20, Seattle 16

San Francisco 30, Green Bay 22

Tampa Bay 16, Carolina 10

Denver 31 Pittsburgh 19

Wednesday's result

Dallas 24 N.Y. Giants 17

Monday's games

Cincinnati at Baltimore, 7 p.m.

San Diego at Oakland, 10:15 p.m.

WEEK TWO

Thursday, Sep. 13 — All Times Eastern

Chicago at Green Bay, 8:20 p.m.

Sunday, Sep. 16

Tampa Bay at N.Y. Giants, 1 p.m.

New Orleans at Carolina, 1 p.m.

Arizona at New England, 1 p.m.

Minnesota at Indianapolis, 1 p.m.

Baltimore at Philadelphia, 1 p.m.

Kansas City at Buffalo, 1 p.m.

Cleveland at Cincinnati, 1 p.m.

Houston at Jacksonville, 1 p.m.

Oakland at Miami, 1 p.m.

Dallas at Seattle, 4:05 p.m.

Washington at St. Louis, 4:05 p.m.

Tennessee at San Diego, 4:25 p.m.

N.Y. Jets at Pittsburgh, 4:25 p.m.

Detroit at San Francisco, 8:20 p.m.

Monday, Sep. 17

Denver at Atlanta, 8:30 p.m.

GOLF

LPGA KINGSMILL CHAMPIONSHIP

At Williamsburg, Va.

Par: 71

Final Round

x-won on ninth playoff hole

x-Jiyai Shin, \$195,000

Paula Creamer, \$120,655

Kariné Icher, \$77,618

Danielle Kang, \$77,618

Angela Stanford, \$49,544

Catriona Matthew, \$49,544

Mika Miyazato, \$35,011

Al Miyazato, \$35,011

Maria Hjorth, \$26,010

Gerina Pillier, \$26,010

Stacy Lewis, \$26,010

Azahara Munoz, \$26,010

Also:

Isabelle Beisiegel, \$9,182

Lorie Kane, \$3,633

PGA FEDEXCUP STANDINGS

Through Sept. 9

1. Rory Mclroy

2. Tiger Woods

3. Nick Watney

4. Phil Mickelson

5. Brandt Snedeker

6. Louis Oosthuizen

7. Dustin Johnson

8. Lee Westwood

9. Zach Johnson

10. Jason Dufner

11. Bubba Watson

12. Sergio Garcia

13. Steve Stricker

14. Keegan Bradley

15. Luke Donald

16. Matt Kuchar

17. Carl Pettersson

18. Jim Furyk

19. Bo Van Pelt

20. Robert Garrigus

21. Adam Scott

22. Ernie Els

23. Hunter Mahan

24. Justin Rose

25. Webb Simpson

26. John Huh

27. Rickie Fowler

28. Ryan Moore

29. John Senden

30. Scott Piercy

Did not advance to Tour Championship:

31. Kyle Stanley

32. Bill Haas

33. Vijay Singh

34. Kevin Stadler

35. Greg Chalmers

36. Johnson Wagner

37. Seung-Yul Noh

38. Bud Cauley

39. Ian Poulter

40. Tom Gillis

41. Ben Curtis

42. Graeme McDowell

43. Padraig Harrington

44. Jeff Overton

45. Troy Matteson

46. Marc Leishman

47. Geoff Ogilvy

48. J.B. Holmes

49. Chris Kirk

50. William McGirt

51. Brian Harman

52. Kevin Na

53. Graham DeLaet

54. Pat Perez

55. Ryan Palmer

56. Tim Clark

57. Brendon de Jonge

58. Bob Estes

59. Mark Wilson

62-68-69-69—268

65-67-65-71—268

70-68-67-65—270

67-64-70-69—270

69-67-71-64—271

67-70-66-68—271

66-70-70-66—272

67-68-67-70—272

65-69-71-68—273

67-69-68-69—273

69-65-68-71—273

65-68-69-71—273

67-70-71-71—279

69-72-74-69—284

7,299—\$7,842,192

4,067—\$5,885,158

3,586—\$2,800,524

3,420—\$4,036,621

3,357—\$3,499,739

3,167—\$3,320,195

3,097—\$3,188,060

2,726—\$2,888,569

2,576—\$4,326,804

2,575—\$4,717,304

2,377—\$4,340,997

2,043—\$2,342,916

2,028—\$3,272,821

2,007—\$3,769,858

2,005—\$3,044,024

2,002—\$3,697,305

1,976—\$3,386,656

1,966—\$3,079,805

1,950—\$2,837,749

1,945—\$2,547,683

1,923—\$2,742,757

1,922—\$3,247,818

1,899—\$3,771,193

1,791—\$3,426,930

1,782—\$3,132,758

1,640—\$2,490,013

1,600—\$2,925,493

1,568—\$1,580,944

1,512—\$1,782,251

1,499—\$2,375,630

1,492—\$2,351,857

1,471—\$2,349,951

1,406—\$1,347,957

1,403—\$1,516,786

1,402—\$1,166,627

1,386—\$2,225,007

1,379—\$1,629,751

1,342—\$1,721,515

1,280—\$1,715,271

1,277—\$1,125,258

1,230—\$2,416,473

1,222—\$2,408,279

1,213—\$1,546,272

1,199—\$1,326,757

1,190—\$1,198,953

1,165—\$1,933,761

1,164—\$1,255,223

1,153—\$1,160,210

1,152—\$1,161,303

1,125—\$1,217,699

1,122—\$1,113,276

1,095—\$1,990,455

1,085—\$1,051,951

1,073—\$1,064,053

1,070—\$1,411,807

1,065—\$1,407,028

1,065—\$1,314,464

1,058—\$970,282

1,049—\$2,052,780

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	27	15	7	5	34	24	50
New York	26	13	7	7	46	39	45
Houston	28	12	7	9	40	33	45
Chicago	26	13	8	5	35	31	44
Columbus	27	12	9	6	33	42	42
D.C. United	27	12	10	5	43	38	41
Montreal	29	12	14	3	43	46	39
New England	28	7	14	7	35	38	28
Philadelphia	25	7	13	5	25	30	26
Toronto	27	5	16	6	30	48	21

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	27	16	6	5	36	33	53
Seattle	27	13	6	8	43	28	47
Real Salt Lake	29	14	11	4	38	32	46
Los Angeles	28	13	11	4	48	40	43
Vancouver	28	10	11	7	29	37	37
Dallas	29	8	12	9	34	38	33
Colorado	28	9	17	2	36	41	29
Chivas USA	26	7	12	7	21	41	28
Portland	27	7	14	6	27	46	27

x — clinched playoff berth.

Note: Three points for a win, one for a tie.

Wednesday's game — All Times Eastern

Chicago at Toronto, 7 p.m. (rescheduled from July 21)

Friday, Sept. 14

Houston at Kansas City, 8:30 p.m.

Colorado at Los Angeles, 11 p.m.

Saturday, Sept. 15

Philadelphia at Toronto, 1 p.m.

Seattle at Portland, 3:30 p.m.

Columbus at New York, 7 p.m.

New England at D.C. United, 7:30 p.m.							
Montreal at Chicago, 8:30 p.m.							
Vancouver at Dallas, 8:30 p.m.							
San Jose at Chivas USA, 10:30 p.m.							

CONCACAF

WORLD CUP QUALIFYING

Group A

	GP	W	D	L	GF	GA	Pt
Jamaica	3	2	1	0	4	2	7
U.S.	3	1	1	1	5	4	4
Guatemala	3	1	1	1	5	4	4
Antigua	3	0	1	2	2	6	1

Tuesday's games — All Times Eastern

At St. John's, Antigua

U.S. vs. Guatemala, 7 p.m.

At Columbus, Ohio

U.S. vs. Jamaica, 8:11 p.m.

Friday's results

At Kingston, Jamaica

Jamaica 2 U.S. 1

At Guatemala City

Guatemala 3 Antigua 1

Friday, Oct. 12

Antigua and Barbuda vs. U.S.

Guatemala vs. Jamaica

GROUP B

	GP	W	D	L	GF	GA	Pt
Mexico	3	3	0	0	7	2	9
Costa Rica	3	1	1	1	6	4	4
El Salvador	3	0	2	1	5	6	2
Guyana	3	0	1	2	3	9	1

Tuesday's games — All Times Eastern

At Georgetown, Guyana

Guyana vs. El Salvador, 8 p.m.

At Mexico City

Mexico vs. Costa Rica, 8 p.m.

Friday's results

At San Salvador, El Salvador

El Salvador 2 Guyana 2

At San Jose, Costa Rica

Mexico 2 Costa Rica 0

Friday, Oct. 12

El Salvador vs. Costa Rica

Guayna vs. Mexico

GROUP C

	GP	W	D	L	GF	GA	Pt
Canada	3	2	1	0	2	0	7
Panama	3	2	0	1	3	1	6
Honduras	3	1	1	1	3	2	4
Cuba	3	0	0	3	0	5	0

Tuesday's games — All Times Eastern

At Panama City

Panama vs. Canada, 9:05 p.m.

At San Pedro Sula, Honduras

Honduras vs. Cuba, 9:30 p.m.

Friday's results

At Havana

Honduras 3 Cuba 0

At Toronto

Canada 1 Panama 0

Friday, Oct. 12

Canada vs. Cuba

Panama vs. Honduras

Tuesday, Oct. 16

Cuba vs. Panama

Honduras vs. Canada

INTERNATIONAL SCORES

Monday

Exhibition

Indonesia 0, North Korea 2

Laos 2, Philippines 1

Brazil vs. China, (n)

EUROPEAN CHAMPIONS LEAGUE

Tuesday, Sept. 18

Dinamo Zagreb (Croatia) vs. Porto (Portugal), 2:45 p.m.

Paris Saint-Germain (France) vs. Dynamo Kiev (Ukraine), 2:45 p.m.

Montpellier (France) vs. Arsenal (England), 2:45 p.m.

Olimpiakos (Greece) vs. Schalke (Germany), 2:45 p.m.

AC Milan (Italy) vs. Anderlecht (Belgium), 2:45 p.m.

Malaga (Spain) vs. Zenit St. Petersburg (Russia), 2:25 p.m.

Borussia Dortmund (Germany) vs. Ajax (Netherlands), 2:45 p.m.

Real Madrid (Spain) vs. Manchester City (England), 2:45 p.m.

TENNIS

U.S. OPEN

At New York

Singles

MEN

Championship

Andy Murray (3), def. Novak Djokovic (2), 7-6, 7-5, 2-6, 3-6, 6-2.

WOMEN

Championship

Serena Williams (4), United States, def. Victoria Azarenka (1), Belarus, 6-2, 2-6, 7-5.

WTA BELL CHALLENGE

At Quebec City

Singles

First Round

Annika Beck, Germany, def. Romina Oprandi (5), Switzerland, 6-1, 7-6 (11).

Tatjana Malek, Germany, def. Alexa Glatch, U.S., 7-6 (3), 6-3.

Doubles

First Round

Julie Coin, France, and Marie-Eve Pelletier, Repentigny, Que., def. Elena Bovina, Russia, and Lenka Wienerova, Slovakia, 6-4, 6-3.

Eugenie Bouchard, Westmount, Que., and Irina Falconi, U.S., def. Maria Abramovic, Croatia, and Amra Sadikovic, Switzerland, 6-2, 3-6, 10-8 tiebreak.

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Horoscopes

Aries

March 21 - April 20

Decide where you want to be a month or a year from now and then start doing the things that will make it happen. Careful planning is the key to long-term success, so put on your thinking cap.

Taurus

April 21 - May 21

Anything is possible. There are no limits to what you can do. The Sun and Mercury in sympathetic Virgo means that your attitude is right, and if your attitude is right then everything else will fall into place.

Gemini

May 22 - June 21

You will have to make a few tough decisions today and you will find you really enjoy calling the shots. But don't let the power go to your head because you are too nice to play the tough guy for long.

Cancer

June 22 - July 23

Someone who thinks they can put one over on you is going to discover that you are too sharp to be fooled. Turn the tables and use them to get what it is you most desire. They won't try to trick you again.

Leo

July 24 - Aug. 23

You know the difference between right and wrong, and you know that if you don't speak up, you will always regret it. Don't pull your punches just because your target is someone in a position of power.

Virgo

Aug. 24 - Sept. 23

You are in one of your faultfinding moods and will most likely pick apart everything that other people do. Don't be surprised to find yourself short of friends by the end of the day.

Libra

Sept. 24 - Oct. 23

Try not to put yourself under pressure today. Both at home and at work you should aim to relax and not take anything too seriously. And find a way to turn off the constant chatter inside your head.

Scorpio

Oct. 24 - Nov. 22

No matter how much you might wish to spare someone's feelings, you must be honest with them. What you have to tell them might be a bit hurtful but better a bit of hurt now than a lot of hurt later.

Sagittarius

Nov. 23 - Dec. 21

Don't be afraid to lay down the law, either at home or at work. Others will respond well to your leadership qualities and will do whatever you say. Just make sure what you say is what you believe.

Capricorn

Dec. 22 - Jan. 20

Put your ego to one side today and recognize that you don't know it all. It would be foolish to ignore what other people tell you just because you find it hard to accept. You still have much to learn.

Aquarius

Jan. 21 - Feb. 19

Think before you speak, speak before you act, and act only when you have to. Every time before you open your mouth today, ask yourself this question: Will my words hurt or will they heal?

Pisces

Feb. 20 - March 20

Your life is perfect just as it is, so don't be tempted to change things for the sake of it. Both in your personal life and at work, the right opportunities will arrive at just the right time. Be ready for them.

SALLY BROMPTON

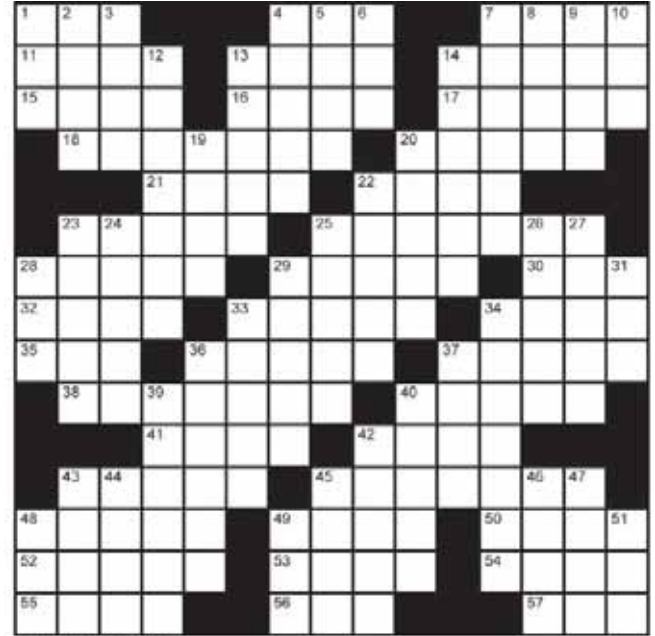
Crossword: Three Star Trek References

Across

1. Our country: abbr.
4. Simple bed
7. Become dim
11. Wide-eyed
13. Opposite of wild
14. Craze (from the Greek word for "madness")
15. Actual
16. Spoken
17. Before: Fr.
18. Montréal-born *Star Trek* star William
20. Feel about blindly
21. "I'm unable to do it"
22. Azerbaijan capital
23. Cathedral topper
25. Saskatchewan neighbor
28. Bird word
29. Acknowledged the playing of "O Canada"
30. Regret
32. Lion's bellow
33. Animal track
34. Beatnik residences
35. Rainbow shape
36. "___ behold!" (2 wds.)
37. North York, Ontario-born Mandel of *Deal or No Deal*
38. Football side that doesn't have the ball
40. Shed feathers
41. Anger
42. Boxing match
43. They become alumni and alumnae, familiarly
45. PM Wilfrid
48. ___ Jaw, Saskatchewan
49. Bronzes at the beach
50. Hammerer's target
52. Go into
53. Bride, after the vows

Down

1. Windsor, Ontario product
2. Mellows, as wine
3. Biblical ark builder
4. ^ symbol
5. *Rubaiyat* poet Khayyam, actor Sharif, or *House* actor Epps
6. ___ Aviv, Israel
7. "Do me a ___ and let me have \$100 till payday"
8. Take ___: sleep briefly (2 wds.)
9. Sup
10. Consume
12. BC's ___ National Park, in the Rockies near Revelstoke
13. 1,000 kg
14. Like cards in a crooked deck
19. Fruit pastry
20. Eva, Magda, or Zsa Zsa
22. *True* ___: HBO vampire series
23. King Arthur's Excalibur, for one
24. Lack of fighting
25. Make amends
26. Fish with a big net
27. Bad news for a taxpayer
28. ___ la
29. "The Final Frontier"
31. 180° from WNW
33. iTunes downloads
54. Thus
55. Crystal ball gazer
56. Dog's bark
57. Henpeck



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34. Fries, cheese, and gravy dish
36. The Prime Minister, to Parliament and his country
37. Attorney's billing basis
39. Longest BC river
40. Cat's quarry
42. Alberta's third-largest but most-visited National Park
43. All used up
44. Memorization method
45. Animal abode
46. Deserve
47. Capital of Latvia
48. "___ amis": start of a French speech
49. Airline bought in 2001 by American
51. What a *Star Trek* captain keeps

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	4	3	5	2	9	7	8	1
5	7	9	1	6	8	2	4	3
8	2	1	3	7	4	9	5	6
7	9	2	8	1	5	6	3	4
1	3	6	9	4	2	5	7	8
4	5	8	6	3	7	1	9	2
3	8	5	2	9	6	4	1	7
2	1	4	7	5	3	8	6	9
9	6	7	4	8	1	3	2	5

Today

22°/13°
Partly cloudy

Wednesday

27°/16°
Sunny

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Gold Buying Prices by Karat

Karat | Price/gram

1 ounce (9999) Maple Leaf Coins (sealed)	\$1,606.48/coin
9999 Canada Maple leaf, less than 1 ounce	\$51.66/g
24k Jewellery	\$38.06/g
22k	\$34.86/g
E. Indian/Nuggets	\$30.91/g
18k	\$28.55/g
14k and dental	\$22.19/g
10k	\$15.83/g
9k	\$14.27/g
8k/antique gold	\$9.52/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,555.75
Gold 10 ounce (Recognized)	\$15,472.98
Gold 1kg (Recognized)	\$49,745.63
Gold bars, less than 1 ounce (Recognized)	\$49.75/g
999 Gold bar (Unrecognized)	\$48.39/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver)	\$31.54/coin
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Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	\$0.67/g
Stamped Sterling Silver Jewellery	\$0.63/g
Mexican Silver stamped 925	\$0.53/g
Stamped 800 Silver	\$0.51/g
Unstamped scrap silver	\$0.34/g
Other silver coins	\$0.72/g

*Actual buying prices are based on weight of silver content, which is lower for worn coins.

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Example Purchase 3:

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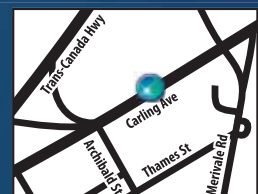
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